

# InsideOut

*It's Your Health; Own It!*

January 2015

**In This Issue:** Industrial Rehabilitation; HPMC OMS Employee Spotlight; *MOVE* Health Challenge; Fit Tip

## Tips for a Fit Body and Mind

Health isn't entirely about the absence of disease or illness; it is a state of optimal well-being involving a mind-body connection. We are able to maintain optimal health by extracting what is nourishing to us and eliminate what is not. This applies to many life experiences including the food we eat, our exercise, and our relationships. Practice these five tips to help cultivate a well-balanced mind and body.

1. Eat a wide variety of colorful fruits and vegetables and fresh foods each day. This provides nourishment and nutrients that your body craves. Limit or eliminate items that are microwaved, canned, or highly processed.
2. Make time for restful sleep. Inadequate sleep can weaken the immune system and contribute to weight gain and depression. Generally, we need 7 to 8 hours of restful sleep each night.
3. Move your body. The health benefits of engaging in daily exercise are endless. Not only does physical activity keep the body young, but it also promotes emotional well-being and can increase the brain's

**Take time  
to quiet  
your mind.**



ability to learn and perform.

4. Take time to quiet your mind or meditate each day. This is one of the most powerful tools for restoring balance to our mind and body. Learn to release your mind of unwanted patterns of negative stress by practicing awareness of the peace in the present moment.
5. Establish good social support and cultivate loving and enriching relationships. You may think about volunteering for a special cause or joining extracurricular social activities.

### December—February Featured Presentations

#### 2015 Health Promotion Campaign

Learn about the changes to our Health and Wellness Promotion for 2015.

#### SMART Exercise and Goals

How to set and achieve health and fitness goals using the SMART principle.

#### Heart Health

Common risk factors for heart disease and how to maintain a healthy heart.

#### Fit Body, Fit Mind

Mental health benefits of exercise, including emotional well-being, stress and anxiety reduction, and the physiology of stress hormones and weight gain.

#### Fitness FUNdamentals-Heart Rate (HR) Training

Basics of a fun, effective fitness program and using HR training for peak results.



Invite us to visit your workgroup! To schedule a presentation, call us at 376-3939 or email [omchew@rl.gov](mailto:omchew@rl.gov).

## What is Industrial Rehabilitation?

At HPMC OMS, Industrial Rehabilitation includes services to evaluate, improve, and protect worker fitness and health. Musculoskeletal disorders such as tendonitis, strains, and joint pain can be prevented and managed with early identification and proper intervention. This is important to prevent worsening of the condition, minimize lost work time, and ensure a safe return to work.

Industrial Rehabilitation Services include ergonomic assessments, work capacity evaluations, fitness assessments, and work conditioning. As part of the [MOVE challenge](#), which lasts for all of January, you can earn 50 points by scheduling an individual appointment with our exercise physiologists to discuss your fitness goals and establish a plan to get you started.

Industrial Rehabilitation Services available by request:

**Fitness Assessments:** It's a great way to baseline your fitness and assess annually. We'll evaluate your current fitness level and provide you with a summary of results. Fitness assessment components include, but are not limited to, cardiovascular fitness, muscular strength and endurance, flexibility, heart rate, blood pressure, and body composition.

**Work Conditioning:** Our exercise physiologists will evaluate your specific condition and develop a conditioning program to maximize your recovery and improve productivity at work. Structured, supervised programs focus on transition to self-care. We can help manage most musculoskeletal conditions, including back, shoulder and knee pain, and general de-conditioning.

**Cardiopulmonary Conditioning:** Available by provider referral, this program helps to improve or restore physical capacity, teach you how to maintain cardiopulmonary fitness, and delay pulmonary disease processes. Ideal for those with cardiopulmonary conditions such as COPD, asthma, asbestosis, beryllium sensitization, and CBD.

We provide clinical services at our rehabilitation facility at the 1979 Snyder Main Clinic. For more information, contact [Laura Carpino](#) on 376-9040 or [Veronica Whitish](#) on 376-2109.

## Upcoming Health Promotion Events

January 5—30	<a href="#">MOVE Challenge</a>
January 14	<a href="#">WorkFit Train-the-Trainer</a>
February 11	<a href="#">WorkFit Train-the-Trainer</a>
February 28	<a href="#">Richland Run Fest</a>

## Employee Spotlight



### Lisa Reardon, PA-C

Lisa Reardon joined HPMC OMS in 2014. Prior to becoming a Certified Physician's Assistant (PA-C), Lisa was a firefighter and paramedic for the Corvallis Fire Department in western Oregon. After graduating from the Albany Medical College Physician Assistant program in 1997, Lisa resided in New York where she worked in both surgery and in the emergency room. Later, Lisa returned to the Pacific Northwest to work for the Umatilla Chemical Demilitarization project in Hermiston, Oregon. When her time there came to an end Lisa eventually found her way to HPMC OMS.

Lisa has been married for 24 years and has two sons ages 12 and 16. Together they enjoy various outdoor activities, such as camping, backpacking, and traveling. They also like to spend time with extended family. Please welcome Lisa to Hanford!



## The MOVE Challenge

Continue **moving along** by joining the [MOVE Challenge](#) from January 5-30 for better health and a chance to win an **iPod Shuffle!**

Enter your points on the [WellSuite Health Activity Tracker](#) or print out a [hardcopy form](#). Hard-copy forms can be mailed to Occupational Health & Wellness upon completion of the challenge to MSIN: G3-70 by February 5, 2015.

JANUARY 2015

**Cardio** makes you breathe harder and causes your heart to beat faster. It's a great workout for your heart's health.

**Moderate-intensity activities:**

Do at least 2 1/2 hours a week or 5, 30-minute sessions.

**Activities to try:** walking fast, dancing, playing doubles tennis and raking leaves.

COPYRIGHT ©2015 OAKSTONE PUBLISHING, LLC DBA PERSONAL BEST

***Fit Tip:* Exercising Safely in the Winter**

Cold weather can discourage even the most motivated exercisers. Don't let the winter stop you from accomplishing your health and fitness goals. Check out these tips on staying fit until spring arrives:

- Warm up before stretching and especially before vigorous exercise. Take at least 10 minutes to walk or do some high knee marches to get the blood flowing to the extremities.
- Cover up! Especially fingers and ears which are the first freeze. Wool winter wear and other clothing options are available and are well-designed for cold weather. Also, check your footwear for good traction.
- Stay hydrated since you lose water through sweating. Drink half your body weight in ounces throughout the day.
- If you have asthma or other breathing difficulties, you may not be able to exercise at the same intensity due to the low humidity during the winter months. So, be flexible and take it inside if needed.

**Lime-Jalapeno Chicken**

Eat well this winter with this delicious tangy taco with mildly spiced chicken.

We appreciate your readership! If you have questions, want to enroll in a program, or have a request, please call 376-3939, email [omchew@rl.gov](mailto:omchew@rl.gov), or visit us at [www.hanford.gov/health](http://www.hanford.gov/health) for more resources.

January Move Catch Phrase: **Moving Along**

